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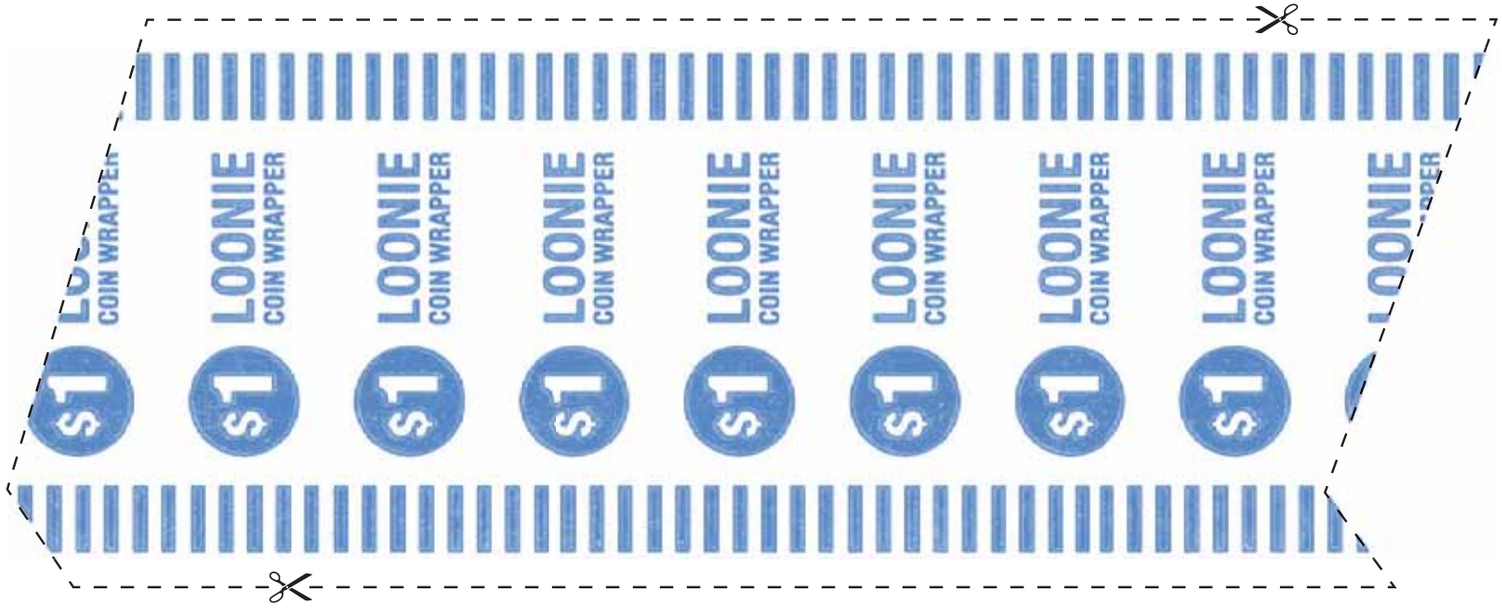

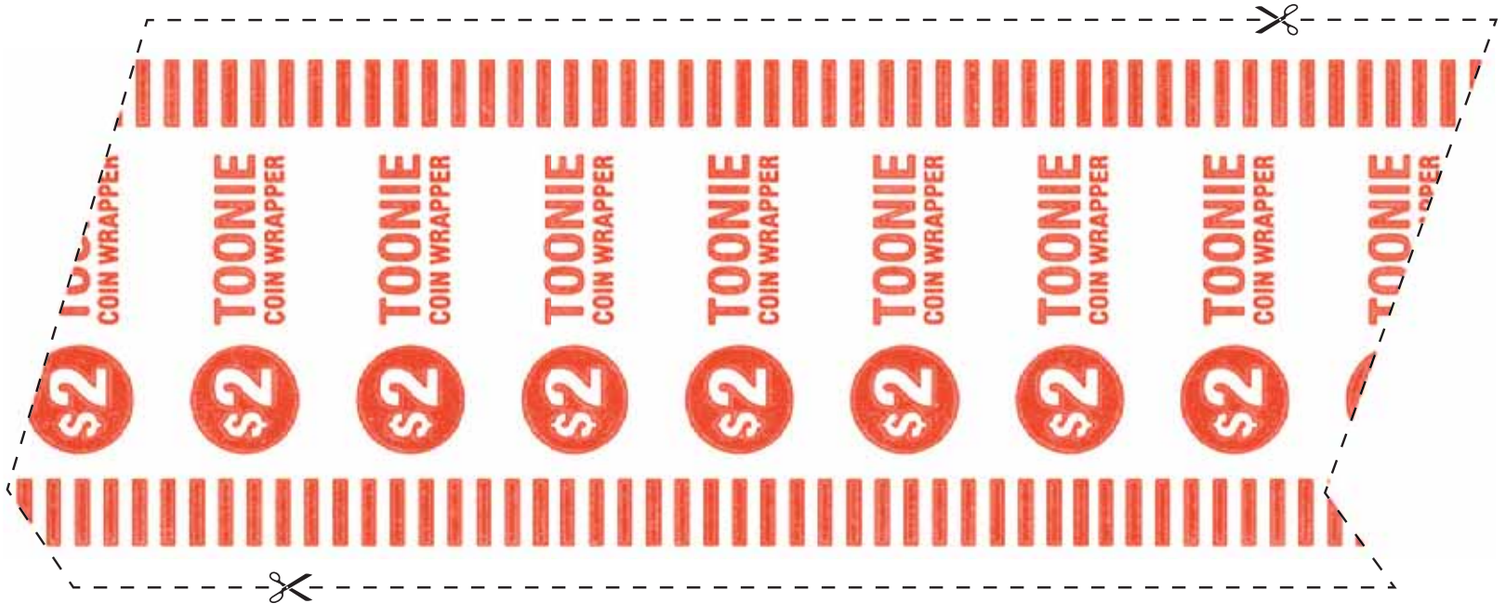

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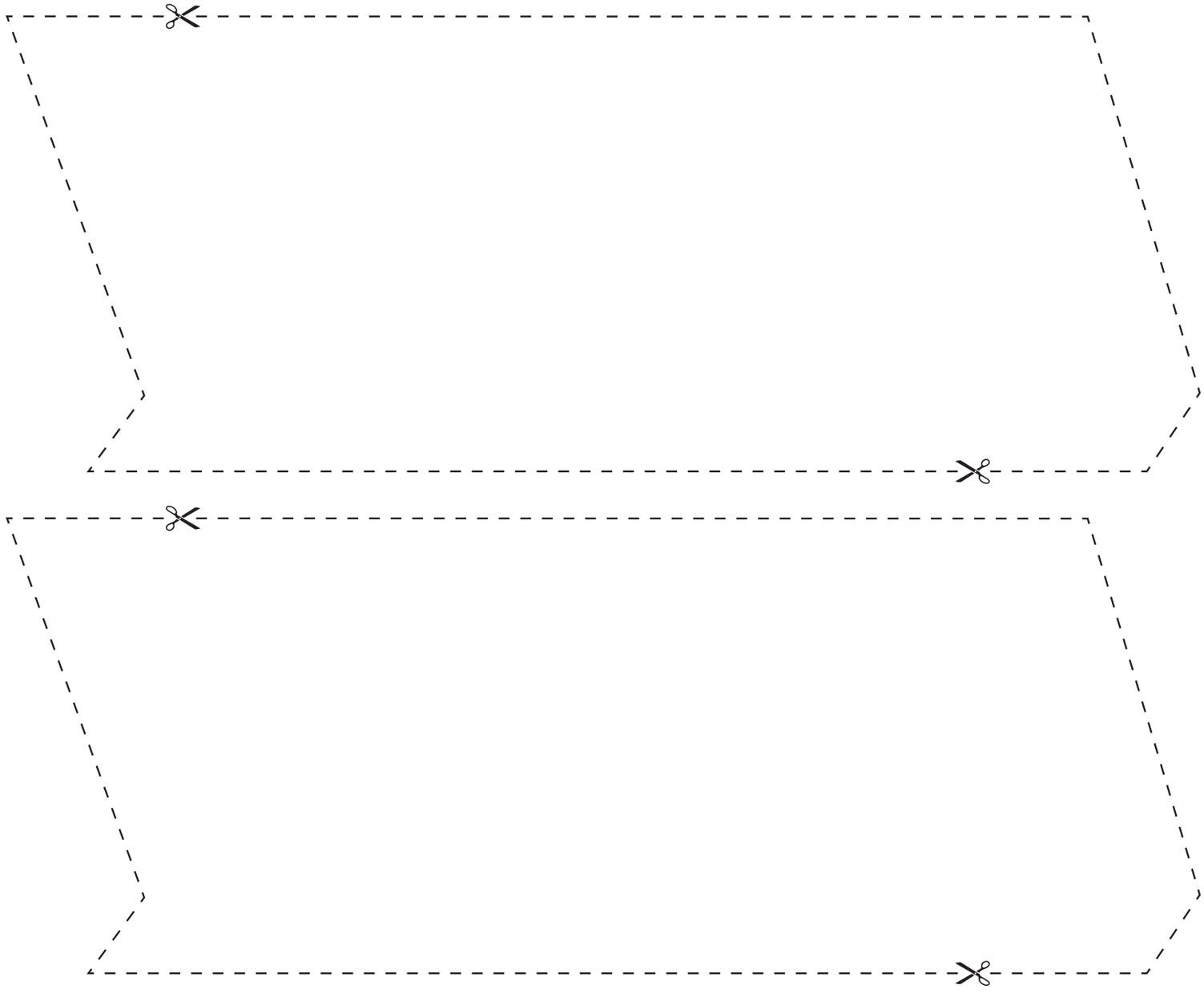

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NEWS WORTH SHARING.

Meet a leader: Jane Sterk

In the lead-up to voting day, Metro wants to get you better acquainted with B.C.'s top politicians. Get started with the Green Party's boss PAGE 4

Man accused of killing wife

Iqbal Singh Gill and three other men are charged in the 2009 death of Abbotsford resident Kulwinder Gill PAGE 3

Too sweet on sugar?

Nutritional researcher Joel Fuhrman says sugar addiction is nothing to be taken lightly. Take a quiz to see if you've gotten hooked PAGE 14

SAVING ROCK AND ROLL

ELTON JOHN'S SURPRISE APPEARANCE ON THE NEW FALL OUT BOY ALBUM PROVIDED A LITTLE GROUP THERAPY FOR PETE WENTZ AND CO. PAGE 12

TERROR PLOT FOILED: RCMP

RCMP officers shake hands after a transfer of a terror suspect at Buttonville Airport, north of Toronto, on Monday. Canadian security officials say they have thwarted a terrorism plot involving a VIA Rail train and arrested two suspects in Ontario and Quebec. Story, page 6.

ANDREW FRANCIS WALLACE/TORSTAR NEWS SERVICE

Pipeline isn't suited to city, Dix argues

Kinder Morgan. NDP leader doesn't envision Vancouver becoming export hub for oil

New Democrat Leader Adrian Dix has stepped into the increasingly fractious debate over the export of oil through British Columbia, saying he doesn't want to see Vancouver turned into a major oil-export port.

While campaigning in Kamloops on Monday, Dix said the proposed twinning of the Kinder Morgan pipeline project doesn't fit with the economic and environmental needs of Vancouver.

But Dix said he would await the results of whatever reviews are held into the project, which would see more than 400,000 barrels of oil shipped through Vancouver waters daily.

"We do not expect Vancouver to become a major oil-export port, as appears to be suggested in what Kinder Morgan is proposing," he said. "I don't think that the port of Vancouver, as busy a port as it is and as successful a port as it is, should become a major oil-export port."

Dix also repeated what he said would be an NDP government's opposition to the proposed Northern Gateway pipeline project from northern Alberta to Kitimat.

Calgary-based Enbridge Inc. plans to build a twin pipeline to send Alberta oil product to Kitimat and place it on supertankers, where it will be shipped to Asia.

Dix's announcement was welcomed by environmental groups, such as the Sierra Club, ForestEthics Advocacy and the Dogwood Initiative.

Premier Christy Clark said Dix's positions on pipeline projects in B.C. are confusing, prompting her to reissue her challenge for a one-on-one debate with the NDP leader.

"A lot of us are getting frustrated with having to read between the lines of what Adrian Dix actually stands for," she said. THE CANADIAN PRESS

Green plan

Dix was in Kamloops on Earth Day to outline an NDP government's proposed environmental plans.

- The NDP's green agenda includes dissolving the controversial Pacific Carbon Trust, using carbon-tax revenue to invest in public transit and green projects and introducing an expanded ban on the use of cosmetic pesticides in B.C.

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Wrongfully convicted man wins first round against B.C.

Charter battle.
Vancouverite labelled dangerous offender, spent decades in jail for 10 sexual assaults involving eight women

NEAL HALL
The Canadian Press
exclusively for Metro

A Vancouver man suing for compensation for 27 years in prison for sex assaults he didn't commit has won a preliminary round in court against the provincial government.

The government opposed Ivan Henry's application in B.C. Supreme Court to change his legal claim that would spell out the circumstances where the province can be held liable for breaching his rights under the Charter of Rights and Freedoms.

The government claimed that the rule of prosecutorial immunity allows claims for charter breaches to succeed only if they arise from malicious conduct by prosecutors.

But Justice Richard Goepel ruled in Henry's favour, finding "that a claim lies against the province for charter damages if the plaintiff can establish that Crown counsel acted in a marked and unacceptable departure from the reasonable standards expected of Crown counsel."

Two other defendants, the City of Vancouver and the federal government, took no position on the application by Henry to amend his civil lawsuit.

Henry was convicted on March 15, 1983, of 10 sexual assaults involving eight women. He was declared a dangerous offender and sentenced to an indefinite period in prison.

He maintained for almost three decades that he had been wrongly convicted.

He remained in prison until he was granted bail on June 13, 2009, pending his appeal.

On Oct. 27, 2010, the B.C. Court of Appeal unanimously overturned the convictions and entered acquittals on all counts. The decision, written by Justice Richard Low, says, "The process of identification was polluted so as to render in-court identification of the appellant on each count highly questionable and unreliable on the reasonable doubt standard. I consider the verdicts to be unsafe."

Ivan Henry shown in a headlock in a Vancouver police photo from 1982. B.C. COURT OF APPEAL/THE CANADIAN PRESS/HANDOUT

The police lineup involved officers putting Henry in a headlock so witnesses could identify him. Many of those in the lineup with Henry were police officers, who were laughing.

Henry now seeks unspecified damages for injuries suffered as a result of his conviction and 27 years in prison. He claims damages for loss of liberty, pain and suffering, loss of enjoyment of life, subjugation to prison life and lost income.

Henry also seeks compensation for his daughters, Tanya Olivares and Kari Rietze, who he says suffered as well.

Named as defendants are the provincial government, the City of Vancouver, former Vancouver police detectives Bill Harkema and Marilyn Sims, and the Attorney General of Canada.

Husband charged with 1st-degree murder in '09 killing

Kulwinder Gill CONTRIBUTED

Four years after the suspicious death of an Abbotsford mother of two, her husband and three other men face charges in relation to her murder.

Kulwinder Gill, 42, was struck by a vehicle while walking with her husband along a rural road in Abbotsford on April 27, 2009. The vehicle fled the scene, where Gill was pronounced dead.

"It appears that this was well planned and deliberate," IHIT Supt. Kevin Hackett said Monday, after four years of investigations by the Integrated Homicide Investigation Team, the Abbotsford police and the RCMP resulted in charges against four men.

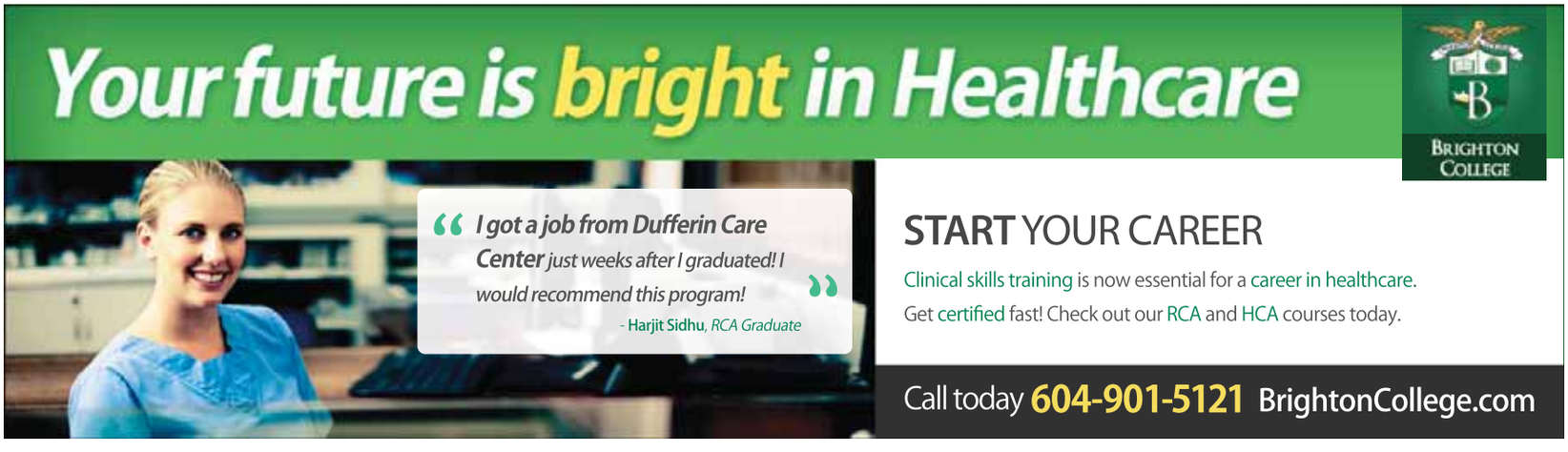
Gill's husband Iqbal Singh Gill, 49, of Abbotsford has been charged with first-degree murder along with Abbotsford resident Gurpreet Singh Atwal, 26, and Surrey resident Jaspreet Singh Sohi, 28.

Surrey resident Sukhpal Singh Johal, 26, has been charged with conspiracy to commit murder and accessory after the fact.

Police cannot comment on motives or details of the investigation as the case is before the courts, but said the investigation was one of their "top priorities" over the past four years.

Gill, Sohi, and Johal were expected to appear in Abbotsford court Monday. Atwal was expected to appear via video conferencing.

EMILY JACKSON/METRO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MEET THE LEADERS

Sailing got her into politics, with an eye on fixing attitudes

JANE STERK, GREEN PARTY OF B.C.

MATT KIELTYKA
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The writ has dropped and the provincial election is upon us. In an effort to better understand the people leading major political parties, Metro sent questionnaires to the leaders of the Liberals, NDP, Conservatives and Greens.

Up first: Jane Sterk, leader of the Green Party of B.C. since 2007.

What's your hobby?
I don't really have a hobby. I like to work out, bike, garden, read and play with my grandkids.

What is the best meal you've ever had?
I've had too many good meals to count one as best. We had a one-pot toss-in-everything-that's-left meal on our boat as we were finishing seven days of offshore sailing to San Francisco that was truly memorable.

What is your favourite holiday/getaway spot?
I love going to the Peace River country to Paddle for the Peace each year. It is such beautiful country and the people are warm and friendly.

What is the best book you've ever read and why?
The most recent best book is The Political Brain by Drew Westen. Like me, Drew is a psychologist and I liked how he used brain research to make sense of voters' choices.

What was the last great movie you've seen?
I recently went to The Quartet — very touching movie.

What was the moment you decided to get into politics?
When I finished sailing, I decided that we needed to have different government thinking and better public-policy making to counter our wasteful lifestyles and the disdain we display toward the oceans, the land and our communities.

What is your biggest pet peeve?
When MLAs say that question period is theatre and just for show. I think that attitude is at the core of what needs fixing.

Who was your biggest role model or inspiration as a child?
My mother. She was a woman of grace and tremendous kindness to everyone she met. I never heard her say an unkind thing about anyone.

Tomorrow: Meet John Cummins, leader of the Conservative Party of B.C.

What is your favourite guilty pleasure?

"I like to take a long steam and a too-long (for someone who believes we should conserve everything) hot shower."

Councillor plans to unseat Liberal incumbent

North Vancouver-Lonsdale NDP candidate Craig Keating hopes to unseat the incumbent in the Liberal stronghold. ERIC DREGER/THE CANADIAN PRESS

Changing colours?

NDP's Craig Keating thinks he has what it takes to take over North Vancouver-Lonsdale's Grit stronghold

EMILY JACKSON
emily.jackson@metronews.ca

Liberals have won the North Vancouver-Lonsdale seat in the past four B.C. elections, but Craig Keating thinks change is in the air.

The city councillor and NDP candidate said there's a "very positive energy" for his party in the area, which could be a swing riding on May 14.

With 12 years of city council experience and a failed provincial bid in 2005, Keating will go up against Liberal MLA Naomi Yamamoto, a North Shore business owner that won by more than 2,000 votes in 2009.

"Being in government gives you a record for good or ill," Keating said, adding that people are looking for change. "They know what my values are."

Orange adoration

"Many people think it would be good to have an NDP seat from the North Shore in what could be an NDP government."
City Coun. Craig Keating

Keating, who says he has knocked on 4,000 doors in his campaign so far, noticed constituents are worried about issues such as the film industry and caring for adults with disabilities — issues he says align with the NDP's platform.

"Every time I've been canvassing, I get at least one doorstep that's a film household," he said. "People are very frustrated that the Liberal government has essentially walked past the film industry."

The Greens and the Conservatives will also run candidates in the riding, an area where polls seem to have shifted away from the leading party.

The Conservatives, however, had to replace candidate Jeff Sprague on Monday after he resigned over an alleged DUI incident. Allan Molyneaux will run for the party instead.

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Robber convicted after leaving fingerprints

A man has been convicted of armed robbery after leaving his fingerprints on a pop bottle discarded in a getaway car.

Brody Muncey robbed a 7-Eleven store in the 3700-block of Canada Way in Burnaby on Feb. 2, 2011. He produced a gun and demanded money from the cashier, who handed over $30.

He fled in a stolen Audi. Muncey's fingerprints were later found on a Sprite bottle left in the car.

The store's surveillance camera also captured a large tattoo on the side of the robber's neck.

B.C. Supreme Court Justice Peter Voith, who convicted Muncey in a judgment released Monday, noted Muncey has large tattoos on both sides of his neck and looked like the robber caught by the surveillance camera.

Muncey is now facing prison time for the armed robbery and for using an imitation handgun. The gun crime carries a mandatory minimum sentence of one year in prison.

Muncey has a criminal history, including a bank robbery conviction in 2009, when he was called the "shoeless bandit" and sentenced to 18 months in jail.

That robbery reportedly involved Muncey being on his way to visit his probation officer after being released from jail the day before. He entered a Scotiabank branch in Chilliwack and passed the teller a note demanding $5,000.

NEAL HALL/THE CANADIAN PRESS, EXCLUSIVELY FOR METRO

Summer to-do list

Festival of Meat to debut in Vancouver

If you like drowning your steak with local brews, you might add the city's first annual Festival of Meat to your summer to-do list.

Brewery & The Beast, a BBQ-style party started in Victoria last year, is coming to Vancouver on Father's Day.

Set to feature more than 30 restaurants, many with a local, farm-to-table twist, and a variety of made-in-B.C. libations, the event is sure to attract locavores as well as carnivores.

The event's goal is to educate people about food and promote local farms and businesses, organizers said in a statement.

EMILY JACKSON/METRO

Plan to attack passenger train derailed, RCMP say

Al-Qaida in Canada?

Details emerge on two Canadian residents charged in terror plot

Two Canadian residents were charged Monday for allegedly planning to attack a VIA Rail train in what the RCMP are calling the first known al-Qaida-directed plot in the country.

Chiheb Esseghaier, 30, of Montreal, and Raed Jaser, 35, of Toronto, were arrested Monday.

Police said the suspects had been watching railways in the Greater Toronto Area and were conspiring to derail a passenger train. They said the plot had "direction and guidance" from al-Qaida in Iran.

"While the RCMP believed the accused had the capacity and intent to carry out these criminal acts, there was no imminent threat to the general public," RCMP Assistant Commissioner James Malizia said at a news conference.

Police had Esseghaier and Jaser under surveillance since August. They were put on investigators' radar thanks to tips from the Muslim community, said Supt. Doug Best.

About two dozen Muslim community leaders were told before Monday's news conference that one suspect is Tunisian and one is from the United Arab Emirates.

They have been in the country legally for a "considerable period of time" but are not Canadian citizens, the RCMP said.

A spokeswoman for the University of Sherbrooke told The Canadian Press that Esseghaier studied there from 2008 to 2009. More recently, he has been doing doctoral research at the Institut national de la recherche scientifique, a spokeswoman at the training university confirmed.

A LinkedIn page says a man with Esseghaier's name and academic background helped author a number of biology research papers, including papers on HIV and cancer detection. The page carries a photo of a black flag inscribed with the Islamic declaration of faith.

THE CANADIAN PRESS

RCMP investigate at a home in Toronto after they uncovered a plot to derail a VIA train. Police were carrying out search warrants at locations in Toronto and Montreal on Monday. STEVE RUSSELL/TORSTAR NEWS SERVICE

Bombing suspect's wife knew 'nothing': Lawyer

Her husband is dead, her brother-in-law in hospital with serious injuries. The spotlight has shifted to Katherine Russell, 24, widow of Tamerlan Tsarnaev. What did she know about her late husband's role in the Boston bombings?

Nothing, her lawyer, Amato DeLuca, told The Associated Press.

"When this was allegedly going on she was working and had been working all week to support her family," he said.

Russell was a home-care worker and worked 70 to 80 hours a week, while Tsarnaev, 26, stayed home to look after their three-year-old daughter, he said.

Russell found out from the news that her husband was the focus of the largest manhunt in U.S. history.

DeLuca said federal authorities want to question Russell but were still deciding how.

In the meantime, the young widow's life is being picked apart — particularly her conversion to Islam. Photographs of Russell outside her home in Cambridge show her in black hijab and black clothing.

An unidentified high-school friend told the British Daily Mail tabloid that she was "an all-American girl who was brainwashed" by her husband.

The Daily Mail reported that Tsarnaev was once charged with assaulting his wife.

"In the aftermath of the Patriots' Day horror, we know that we never really knew Tamerlan Tsarnaev," the Russell family said in a statement. "Our hearts are sickened by the knowledge, by the horror he has inflicted."

TORSTAR NEWS SERVICE

Mourners leave the funeral for Boston Marathon victim Krystle Campbell, 29, at St. Joseph's Church in Medford, Mass. ELISE AMENDOLA/THE ASSOCIATED PRESS

India. 2nd man arrested in rape of five-year-old girl

A second suspect was arrested Monday in the rape of a five-year-old girl who New Delhi police say was left for dead in a locked room, a case that has brought new protests against how authorities handle sex crimes.

Pradeep Kumar, a 19-year-old garment-factory worker, was apprehended in the eastern state of Bihar, about 1,000 kilometres from New Delhi, and was being brought to the capital, police said.

They said questioning of the first man arrested in the case, Manoj Kumar, led them to the second suspect. Manoj Kumar, 24, was arrested on Saturday in Bihar and flown back to New Delhi. Kumar is a common last name in India, and the two men are not related. The men are accused of abducting, raping and attempting to murder the five-year-old, who went missing on April 15 and was found two days later by neighbours who heard her crying in a locked room in the same building where she lives.

The girl was in critical condition when she was transferred Thursday to the country's largest government-run hospital. Its medical superintendent said Monday that she has stabilized.

For the third day, sporadic protests erupted in at least three places in New Delhi, protesters shouting that police were slow in handling the case.

Delhi police Commissioner Neeraj Kumar admitted Monday that police had erred.

"The station house officer and his deputy have been suspended," Kumar told reporters.

THE ASSOCIATED PRESS

Pradeep Kumar, a 19-year-old garment-factory worker, is taken away by police. THE ASSOCIATED PRESS

Afghanistan

Feds won't claw back danger pay

Prime Minister Stephen Harper says soldiers in Afghanistan won't have to repay extra danger pay they got through an administrative error.

"It's certainly not the fault of the soldiers," he said. "For that reason, (Defence Minister Peter MacKay) has made very clear they will not have to repay those amounts."

After an outcry two weeks ago, the Conservatives also backed away from a plan to reduce danger pay by almost a third for troops training Afghan soldiers in Kabul. THE CANADIAN PRESS

Online exploitation

Private pics got online? Don't lose hope: PM's wife

Laureen Harper says that when a young person's private photos go public, families need to know they can do something.

The prime minister's wife is promoting needhelpnow.ca, which offers tips and resources for fighting online exploitation.

"The website is a way ... to teach children, no, your life isn't over," Harper said.

THE CANADIAN PRESS

Federal Way, Wash.

Man guns down girlfriend, 3 others

A man fatally shot his live-in girlfriend at an apartment south of Seattle and then killed three others, including a 62-year-old neighbour who told others to call the police and retreated inside his apartment before the gunman broke down the door with a shotgun, authorities said.

The 27-year-old suspect was later shot and killed in a parking lot by officers.

"We believe this is a domestic-violence homicide," Federal Way Police Chief Brian Wilson said at a news conference.

Wilson said investigators believe the shooter may also have been trying to kill witnesses, KOMO-TV reported.

A King County medical examiner's spokeswoman said Monday that the identities of the dead were not expected to be released until Tuesday afternoon.

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Just for Laughs' new app is 'cheat sheet' for 30th anniversary special

Social TV. While you watch the show, look up historical references on your cellphone

Just For Laughs wants to make sure everyone is in on the joke when its 30th anniversary special hits the airwaves.

People tuning in to Just For Laughs 30th Anniversary: 30/30 Hindsight can download a special app loaded with fun facts so people aren't left scratching their head when the funny folk start mocking such things as cellphones the size of a brick.

"We've created basically a cheat sheet for viewers," says Bruce Hills, the comedy festival's chief operating officer. The show will be broadcast on CBC-TV on Tuesday.

The festival's not judging — the Internet page where the app can be found just notes that some people may be too young to get the joke right away or were possibly a little too preoccupied with other things, like sleeping through history class, to get the reference.

"If someone's in their teens and they hear a bit about Dan Quayle, they can go to the mobile app and find out who Dan Quayle is," Hills said. THE CANADIAN PRESS

Ralph Lauren Corp. settles bribery allegations for $1.6M

Designer Ralph Lauren acknowledges applause after his Fall 2013 collection was modelled Feb. 14 during Fashion Week in New York City. On Monday, federal authorities said Ralph Lauren Corp. settled allegations by the U.S. Justice Department and Securities and Exchange Commission that bribes were paid to Argentine import officials. The New York-based apparel company agreed to give up more than $700,000 US of illicit profits and pay an $882,000 US penalty. The firm promptly reported the violations from 2005 to 2009 after discovering them in 2010, terminated culpable employees and a third-party agent, and shut down its offices and stores in Argentina, officials said.

THE ASSOCIATED PRESS FILE

Market Minute

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TSX
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NATIONAL FARE? STICK A FORK IN ME

SHE SAYS

Jessica Napier
metronews.ca

Earlier this month, the Canadian government launched a three-week food-truck initiative in Mexico City (using taxpayer money, of course) to help promote Canadian cuisine abroad. The rationale behind the truck — which sells "poutine a la Mexicana," among other dishes — is to increase international awareness about our national culinary offerings. According to a spokesperson for Agriculture Canada, only about a third of Mexicans were able to identify a food product that was typically Canadian. Evidently, it's time to ramp up our PR efforts if we want to make Canadian fare world-famous.

From B.C. Pacific salmon to Alberta beef to Quebec tourtière to P.E.I. potatoes, Canada's culinary identity is all over the map. Literally. There's so much more to us than maple syrup, but our regional gastronomical specialties are as disparate as our geography, and this makes it challenging to define a quintessentially Canadian food.

Does Canada's favourite sandwich feature peameal bacon or stacks of Montreal smoked meat? Do we prefer to satisfy our sweet tooth with Nanaimo bars, tarte au sucre or Beaver Tails? I bet we couldn't even agree on a national alcoholic beverage: Perhaps it's a three-way tie between Molson Canadian, Newfoundland Screech and the hangover-curing Caesar.

We're a country of such varying tastes and regional delicacies that it's not too surprising to learn that foreigners have trouble identifying a national dish of the Great White North.

Sometimes the best way to figure out what it is you love about your home and native land is to leave.

In London, England, where the Canadian immigrant population is significant and ravenous, tastes of home are sold at a premium. Boxes of Kraft Dinner and Tim Hortons coffee canisters line the shelves at the aptly named Canada Shop in Covent Garden, where homesick Canucks will happily join a month-long waiting list for a bag of ketchup chips.

Across the city, Canadian expats Amy Baker and Anya Nikoulina recently set up a patriotic poutine cart in Broadway Market and are doing their part to promote the artery-clogging late-night meal across the pond.

"Everyone that approaches the stall has some kind of story about the dish," says Baker. "They're either a Canadian living abroad, married to a Canadian or had lived in Canada at some point in their life and tried it ... even the apprehensive British customers have gotten on board with the savoury snack."

Poutine might be making a name for itself beyond our borders, but there's no way one dish could define the entire Canadian culinary scene. In a country as vast and diverse as Canada, local agricultural differences and cultural traditions have made our cuisine confusing but also unique.

It's these regional differences that make our food interesting and delicious.

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

It's a horse, of course

NASA/ESA/HUBBLE HERITAGE TEAM

Hubble reveals new Horsehead Nebula

Astronomers have used NASA's Hubble telescope to capture new infrared images of the Horsehead Nebula. The photos mark the 23rd anniversary of the observatory's launch on April 24, 1990. Looking like a horse rising from space foam, the iconic nebula has wowed stargazers ever since its discovery more than 100 years ago. **METRO**

Previous images have been more horse-like but not as detailed.
CFHT/HAWAIIAN STARLIGHT

Horsehead's details exposed by infrared

The rich tapestry of the nebula pops out against the backdrop of Milky Way stars and distant galaxies that are easily seen in infrared light.

The backlit wisps along the nebula's upper ridge are being illuminated by Sigma Orionis, a young five-star system just off the top of the Hubble image. Along the nebula's top ridge, two fledgling stars peek out from their now-exposed nurseries. **METRO**

Clickbait

HANNAH ZITNER
hannah.zitner@metronews.ca

Voting for 'the Internet's highest honour' closes this week, so if you don't want to see 'cat-friend vs. dog-friend' or 'grandmas watch Kardashian sex tape' rule the Internet, get voting. Go to webbyawards.com. Some entries not to miss:

Fresh Prince translated:

"Cold, apricot, relaxing all cool, shoot some b-ball outside the scool..." Sound familiar? It should. Kind of — at least for children of the '90s. CDZA, the music video collective who brought us The History of Lyrics That Aren't Lyrics, translates the lyrics of the mind-numbingly catchy Fresh Prince of Bel-Air intro 64 times in Google Translate, and then translates it back into English. @cdzamusic

Stanley's invisible piano:

Sure, cats playing pianos with their paws are old hat by now (and Tom Hanks playing with his feet is definitely old hat), but what about a piano that plays itself? Tweet any (well not any, his repertoire at this point is mostly indie) songs to @stanleypiano to hear the invisible piano man play your heart jam.

Kids react to the world:

The tiny humans may not be so different than us after all. These attention-seeking, question-asking kids also don't understand war, don't like potholes and think talking dogs are completely absurd. @thefinebros

Comments

RE: Tributes Pour In After Death Of Rita MacNeil, published April 17

Prayers for Ms. MacNeil and her family. The Mi'kmaq Community sends their spirit of love, courage and peace to her family. She will be greatly missed. Our condolences....<3
Marilyn Francis posted to metronews.ca

I was so heartbroken when I heard of her passing! Last night I watched two full hours of two specials and I sat there and did not wipe away the tears, but God has another beautiful voice.
Natalie posted to metronews.ca

I loved that in the print version they labelled the above tweets as 'prolific'... Joel Plaskett, Classified, and the guy with the googly glasses from that white trash cable show. Yes how prolific and riveting. Thanks Classified, now she's really been honoured. Maybe next Bieber can try to claim her as a believer. You can't make this stuff up.
An anonymous reader posted on metronews.ca

WE WANT TO HEAR FROM YOU: Send us your comments: vancouverletters@metronews.ca

metro

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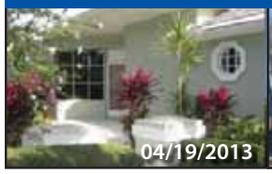

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DVD reviews

Gangster Squad

Director. Ruben Fleischer

Stars. Josh Brolin, Ryan Gosling, Giovanni Ribisi, Michael Peña, Sean Penn and Emma Stone

●●○○○

Josh Brolin and his fellow Gangster Squad antiheroes have their work cut out for them fighting Mickey Cohen, the 1940s mobster psychopath Sean Penn plays with visceral glee. But Brolin's Sgt. John O'Mara and his fellow LAPD hard nuts — played by Ryan Gosling, Giovanni Ribisi, Anthony Mackie, Michael Peña and Robert Patrick — are after the wrong villain(s). Better they should be looking for the heinous computer boffins who turned this from film noir homage into a lurid cartoon, something that seeks the drama of The Untouchables and L.A. Confidential but instead apes the empty theatrics of Dick Tracy. **PETER HOWELL**

Jurassic Park 3D

Director. Steven Spielberg

Stars. Sam Neill, Laura Dern, Jeff Goldblum

●●●●●

Adding the extra dimension to Steven Spielberg's 1993 monster thriller turns out to be more than just a 20th-anniversary cash-in. This movie doesn't just stand the test of time, it transcends it. The already impressive T. Rex and velociraptors become more lifelike in 3D, which goes on sale April 23 for those equipped with a 3D Blu-ray player, plus specialized TV and glasses (regular Blu-ray and DVD are also available). The film's large amount of violence, mostly of the claw and fang variety, seems more intense now than before. So much so that today's parents have even more reason than those of a generation ago to make sure their younger children can handle the frights. **PETER HOWELL**

Chicago rock outfit Fall Out Boy Pete Wentz, left, Joe Trohman, Patrick Sump and Andy Hurley in New York. PHOTO BY DAN HALLMAN/INVISION/AP

Oh Boy! Elton helps Save Rock and Roll

Fall Out Boy's latest release. English legend joins Chicago rockers on new album along with some other famous faces

When Fall Out Boy learned that Elton John was a fan of their music, they jokingly thought he might want to record with them. As it turned out, he did.

"We were nearly done with the album," lead singer Patrick Stump said in a recent interview. "I think we were mixing at that point, but he said, 'Yes' and we were like, 'Oh, wow. OK, yes.'"

The Chicago-based rockers halted the mixing process of their fifth album — their first in five years — and Stump flew to Atlanta to record with the veteran rocker.

John is featured on the title track of Save Rock and Roll, released last week. Band members say the title of the album is "tongue-in-cheek," but they're also serious about their choice of words.

"It hits on ... 'Why are we the only ones that are saying this?'" said frontman and bassist Pete Wentz. "But at the same time, it's kind of a joke. But if it means something to you, then it's not really that much of a joke."

Stump said John's inclusion on the title track really drives home their point. "He actually spoke up for the album's title. He came in and was like, 'Love the album title. Love where this is going. This is great,'" Stump said. "And that was really special for us to have him support us like that."

Just before the John-featured tune plays on the 11-track set, there's the song "Rat a Tat," featuring Courtney Love.

"We've had a couple different run-ins just over the years, you know, just ones where you're like, 'I had 17 drinks last night and I ran into Courtney Love,'" Wentz recalled with a laugh.

"It's important for girls to understand that they don't need to just be coat hangers for boys, it's not all about being groupies," he said. "So we thought it would be important to have an iconic female voice on the album, and Courtney screams rock 'n' roll."

Fall Out Boy released their debut album in 2003. They are known for their alternative punk rock sound and Top 10 pop hits including This Ain't a Scene, It's an Arms Race, Dance, Dance and Sugar, We're Goin Down. The album's first single, My Songs Know What You Did in the Dark (Light Em Up), is a Top 40 hit that was remixed by 2 Chainz, who stars in the song's music video.

"We're big, big 2 Chainz fans," Wentz said of the ubiquitous rapper. Added guitarist Joe Trohman: "He works hard." 2 Chainz and rapper Big Sean's appearances balance the rock heavyweights on Save Rock and Roll, which the band will promote on a U.S. tour that kicks off May 14 in Milwaukee. (They'll also hit the road internationally this summer and will return to the U.S. for a fall tour.)

A year after releasing 2008's Folie a Deux, the foursome, which includes drummer Andy Hurley, took a break from recording together. There was speculation the group had split up. "No, we never broke up," Trohman said. Wentz quickly jumped in, saying: "No, but I think that it's like, I don't know. ... When we were taking time off and it was like ... we could be back in 20 years or maybe we won't ever come back. I think that was the great thing about how we took time off and it kind of allowed it to be healthier that it didn't put a return date on it."

"It wasn't like we were a library book being checked out," Wentz added. **THE ASSOCIATED PRESS**

Elton speaks

"He actually spoke up for the album's title."

Patrick Stump, lead singer of Fall Out Boy
On Elton John's feelings toward their recent album called Save Rock and Roll

Girl power

"We thought it would be important to have an iconic female voice on the album."

Pete Wentz, bassist for Fall Out Boy
On why Courtney Love was asked to feature on their new album

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Lacking the X-Factor – Host Kardashian gets the boot

THE WORD
Dorothy Robinson
scene@metronews.ca

A watchable reality TV star does not a good host make.

Khloe Kardashian has been booted off Fox's The X Factor, while her co-host Mario Lopez will remain for the third season.

"Khloe Kardashian will not be returning to co-host The X Factor," the show's producers said in a statement. "We really enjoyed working with her and wish her all the best in her future endeavors." (Translation: One, big, long fart noise.)

Lopez will join returning judges Simon Cowell and Demi Lovato, with at least one more judge yet to be announced. "I'm thrilled Mario is back for season three of The X Factor," said Cowell in a statement.

Mario Lopez, you sly, well-oiled, muscular fox. Who would have thought the dude who made sitting backwards in a chair popular would be the most successful graduate of Saved By The Bell?

Reese Witherspoon. ALL IMAGES GETTY

Witherspoon embarrassed after recent run in with law

With the mugshot (above) from her arrest in Atlanta for disorderly conduct making the rounds, Reese Witherspoon is speaking out about the headline-making incident.

"I do want to say I clearly had one drink too many and I am deeply embarrassed about the things I said. I was frightened for my husband, but that is no excuse. I was disrespectful to the officer who was just doing his job. I have nothing but respect for the police and I'm very sorry for my behaviour."

Witherspoon reportedly got into an argument with an officer after husband Jim Toth was pulled over on suspicion of driving while intoxicated. Both were arrested and briefly jailed.

Justin Bieber

Are Bieber and Gomez are back on?

Justin Bieber seems to want to say something about the state of his relationship with ex-girlfriend Selena Gomez. After Gomez met up with him in Norway this weekend, Bieber posted a cosy photo of the pair on Instagram — then promptly deleted it. In the short-lived snap, Gomez is seen nuzzling up to a sleepy-eyed Bieber. Sources say that after rendezvousing in Oslo, Gomez tagged along with Bieber to Copenhagen for his next tour stop.

Twitter

@oliviawilde
The only thing I resent twitter for is ruining the word "twitterpated" which *was* a solid go-to in my daily dialogue.

@SarahKSilverman
Dear House of Representatives, Who exactly are you representing?

@jason_mraz
Just invited friends over for dinner but forgot to add, "Friday." Apologies to those who came over to a dark house.

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James Cromwell
Geneviève Bujold
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Are you a sugar addict?

Quiz. Dr. Joel Fuhrman, best selling author of The End of Diabetes, puts you to the test and helps you figure out if you're running on a sugar high

ROMINA MCGUINNESS
life@metronews.ca

Do you shake, sob or shout if you run out of peanut butter M&Ms and the shops are shut for the day? According to nutritional researcher Dr. Joel Fuhrman, sugar addiction is just as serious as being hooked on cocaine.

"Because they tend to be especially palatable, these foods activate reward pathways in the brain and produce toxic withdrawal symptoms often misinterpreted as hunger, driving us to eat even more," he tells Metro.

But unlike drugs, sugar is legal and inexpensive, he warns.

1. Breakfast is:
A Fruits, nuts, vegetables or a whole grain product.
B Unsweetened cereal with soy or almond milk.
C Conventional, sweetened cereal with cow's milk.
D A donut and a cup of coffee with sugar.

2. Throughout the day you drink:
A Water or herbal tea
B Coffee or tea, plain with no sweetener.
C Diet soda
D Sugary soda, coffee or tea

3. Mid-afternoon, you feel:
A Energetic, as always.
B A little sluggish … but you can still function productively.

C Slow. You reach for a cup of coffee or a diet soda in order to make it to the end of the day.
D Burned-out. You can't focus until you've had a chocolate bar and a can of full fat coke.

4. You're eating a sugary dessert … you feel:
A It's just not worth eating such junk.
B Enjoyment.
C A little happier.
D Euphoric. The moment it passes your lips, all your problems seem to dissolve.

5. Fresh fruit is:
A Wonderfully sweet and delicious. You eat your five-a-day.
B Tasty. You have at least one piece of fruit every day
C OK, but you'd rather have apple pie than an apple.
D Completely unappealing. You're more into cupcakes.

6. After one last bite of your favourite chocolate fudge brownie … You:
A I do not eat sugary foods.
B Feel satisfied But then you move on with your day.
C Are tempted to eat more, but force yourself to stop.
D Completely lose control and whoops, there goes the whole tray. Now you feel super guilty.

7. Whoa sugar craving. How do you cope?
A This rarely happens, but when it does, you get on with your day, knowing that it will pass.
B Remind yourself that the food is not bringing you closer to your goal of excellent health, and eat a piece of fruit instead.
C Find another sugary alternative in the house to quell the craving.
D Go out and buy whatever it is you're craving, because you can't think about anything else.

8. It's been a long, hard day … so you:
A Get some exercise and try to relax.

B Space out in front of the TV, with a stiff drink.
C Allow yourself one slice of cake, or one piece of candy.
D Binge out on ice cream and candy.

9. If you go without sugar for a few days, you feel:
A No different. You rarely eat sugar.

B Brighter and more energetic.
C Tired and your head hurts.
D Weak and anxious. You also suffer from significant headaches and fatigue.

10. The idea of giving up sugar sounds:
A Easy, since you almost never eat it anyway.
B Like a healthy thing to do. But you want to have sugary foods occasionally.
C Good, but you don't think it's possible.
D Scary. Sugary foods are your comfort during times of emotional distress.

11. The feelings you perceive as hunger are:
A A drawing sensation in the throat, but it's not very uncomfortable.
B A grumbling stomach.
C Light-headedness and headaches.
D Headaches accompanied with anxiety, and the inability to concentrate.

Add up your score:
0 points for each "a"
2 points for each "b"
3 points for each "c"
5 points for each "d"

Results

0-12 points. You're a health-conscious abstainer. You're aware of the dangers and addictive nature of sugar, so you don't include it in your diet. Instead, you choose to curb your cravings with things like fresh fruit.

13-27 points. There's some room for improvement in the nutrient density of your diet, but you do limit your sugar intake. Because you try and avoid eating too sweet, you don't often experience the addictive drives associated with these foods.

28-43 points. You're not dangerously addicted yet, but probably on your way. You're accustomed to excessively sweet tastes and frequently feel the drive to over consume sugar-laden foods. You rely heavily on your willpower to limit your portions. But even a little bit of sugar can cause your brain to demand more, and addictive drives usually overcome willpower.

44-55 points. Sorry, but you're addicted and you're probably aware that your need for sugar is harming your health. But you feel helpless and so far, have been unable to break the habit. Bad habits can be broken and your health will be restored.

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Best Health

8 ways life is better when you're fit

BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

We all know exercise will help us live longer, be happier and sleep better. That should be motivation enough to be more active, but the little everyday bonuses are strong incentives, too. Here are eight ways that life is better when you're fit.

Look good
You can slip on that sundress or tank top knowing that your "bat wings" are a thing of the past.

Live good
You no longer miss the bus and you can run that block to catch it.

Feel good
You have the energy to keep up with your kids.

Live happy. ISTOCK PHOTOS

Keep running
No more standing on crowded escalators, you're the one nipping smartly up the stairs.

So fresh, so clean
Your complexion is smoother and fresher-looking — for free.

Live strong
Since your core muscles are stronger, you don't have to hang onto the pole on the bus or subway.

Fun in the sun
You actually look forward to the "beach" part of a beach vacation.

Guilt-free living
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Drescher dedicated to the cause

Fran Drescher is helping raise cancer awareness issues. HANDOUT

Health issues. The actress is lending her support to the Carcinogen-Free Label Act, being debated in U.S. right now

Fran Drescher's commitment to eradicating cancer is a personal one. After a series of misdiagnoses, Drescher was diagnosed with uterine cancer in 2000.

In 2002, she wrote Cancer Schmancer about her experiences and met many women who told her that her journey mirrored their own. Inspired, Drescher started the Cancer Schmancer movement and Cancer Schmancer Foundation to advocate prevention methods and early detection.

One of her prevention programs is Trash Cancer, which offers guidance on living a toxic-free lifestyle, starting in the home.

Through Trash Cancer, Drescher is also lending support to the Carcinogen-Free Label Act, a bipartisan bill introduced to Congress that seeks to create a label similar to the "organic" label.

"We were one of the NGOs that put pressure on Johnson & Johnson. They are an enormous company, and once everyone caught wind of the fact that the No More Tears shampoo is loaded with formaldehyde, they changed their formula. It does work. At the end of the day, consumerism and purchasing power is all you need," Drescher said.

"The place we spend the most time in is our home, and that's the place that we have the most control over. Rather than feeling scared as we see cancer closing in around us, why not do something about it?" METRO WORLD NEWS

No more tears

"At the end of the day, consumerism and purchasing power is all you need."

Fran Drescher
Speaking about how her NGO was able to force Johnson & Johnson to change their ways.

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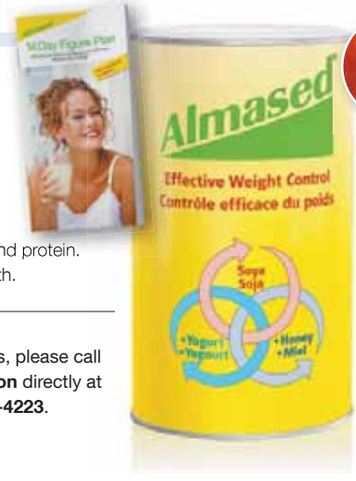

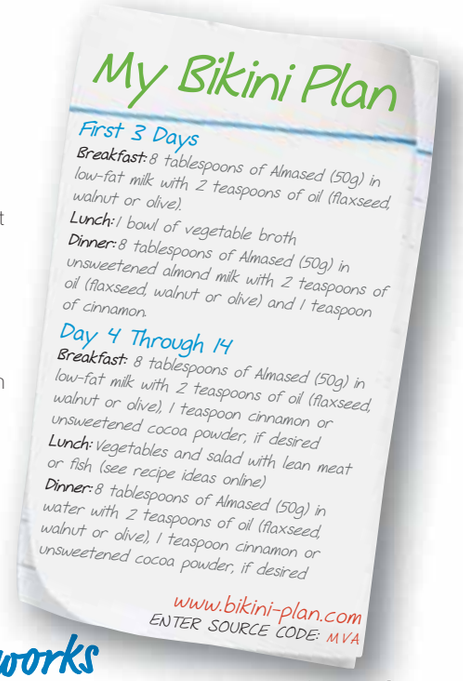
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Lunch: 1 bowl of vegetable broth
Dinner: 8 tablespoons of Almased (50g) in unsweetened almond milk with 2 teaspoons of oil (flaxseed, walnut or olive) and 1 teaspoon of cinnamon.
Day 4 Through 14
Breakfast: 8 tablespoons of Almased (50g) in low-fat milk with 2 teaspoons of oil (flaxseed, walnut or olive), 1 teaspoon cinnamon or unsweetened cocoa powder, if desired
Lunch: Vegetables and salad with lean meat or fish (see recipe ideas online)
Dinner: 8 tablespoons of Almased (50g) in water with 2 teaspoons of oil (flaxseed, walnut or olive), 1 teaspoon cinnamon or unsweetened cocoa powder, if desired
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Smoothness is a science with this Modernist Potato Purée

As with most modernist recipes, accuracy is key. We've provided volume equivalents of most ingredients, but for best results use a digital scale and weigh things out. Diastatic malt powder is the secret to making these dairy-free puréed potatoes smooth and creamy. It is widely available online, as well as at brewing supply shops.

This recipe makes 4 cups of puréed potatoes and takes two hours from start to finish. THE ASSOCIATED PRESS

1. Fill a large pot halfway with hot tap water. Set the pot over very low heat. Maintain the water temperature at 125 F. To hold this temperature, you may need to turn the heat on and off occasionally.

2. Meanwhile, peel the potatoes and cut them into 1-inch cubes. Measure about 7 1/3 cups of the potato cubes. Reserve any excess for another use.

3. Place the potatoes in a second large pot with 2 litres (about 2 quarts) of water. Add the salt and sugar, then bring to a boil. Reduce the heat to maintain a simmer and cook until the potatoes are very tender, 30 to 40 minutes.

4. Drain the potatoes, then transfer them to a food processor. Add the malt powder, then process until smooth and sticky. Transfer to a large zip-close plastic bag, pressing out as much air as possible before closing. Place the bag of potatoes in the pot of 125 F water and cook in this manner for 30 minutes.

5. Empty the potatoes from the bag into a clean pot, then heat gently to at least 167 F. Season with salt and serve immediately.

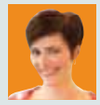
THE ASSOCIATED PRESS

Ingredients

- 2 1/2 lbs Yukon gold potatoes
- 2 tbsp salt, plus additional for seasoning
- 1 1/3 tbsp sugar
- 1 tbsp diastatic malt powder

Health Solutions

There's no 'P' in asparagus?



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Let's just get that asparagus pee myth off the table. Ewww. It was once thought that the strong, ubiquitous urine scent was only produced by some. In fact, it is produced by all of us but about 22 per cent can't detect the smell. The only way to test is to let someone else come into the loo if you can't smell it. Now that's spring fun — nutritionist style!

Asparagus is a fast growing shoot that delivers Vitamin K, Vitamin A and folate. The typical way of cooking asparagus is to snip off the woody ends and poach for a few minutes, pulling them out before they become grey or mushy. But here are a few more ideas:

- Roast on a pan in the oven at 425 F for 15 minutes, sprinkle with sea salt
- Chop and add to soups for the last 5 minutes
- Chop and steam, sautée in chicken broth for 5 minutes covered
- Wrap in prosciutto and bake at 350 for 15 minutes
- Poached, cooled and served with a curry yogurt dip

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Long live the bean: Favas give burgers their best

If you buy fresh fava beans, you'll need to peel and cook them. To do this, remove the beans from the pods and cook in boiling salted water until just tender. Depending on the size of the bean, this should take 2 to 8 minutes. Drain and transfer to a bowl of ice water. When cool, slip the skins off the beans and proceed with the recipe. Some grocers also sell fresh or frozen peeled favas. If you can't find favas, substitute frozen lima beans.

1. In a large skillet over medium, heat 1 tablespoon of the oil. Reduce the heat to medium low, add the onion and cook until softened, about 5 minutes. Add 1 teaspoon of the garlic, the cumin, coriander and paprika, then cook for 1 minute, stirring. Transfer to a medium bowl.

2. In a food processor, pulse the fava beans just until they are coarsely chopped. Transfer 1/2 cup of the chopped favas to the onion mixture.

3. To the food processor, add the egg, tahini, 1/2 teaspoon of salt and pepper to taste. Process the mixture until finely ground, then stir it into the onion mixture. Cover the mixture and chill it for 30 minutes.

This recipe serves 4 and takes one hour from start to finish.
THE ASSOCIATED PRESS

4. While the mixture is chilling, in a small bowl combine the yogurt, the remaining 1/2 teaspoon garlic, the cucumber and salt to taste. Set aside.

5. Shape the chilled falafel mixture into 4 patties (the mixture will be loose). Spread the panko on a sheet of parchment paper and dip the patties into the crumbs to coat on all sides.

6. In a large nonstick skillet over medium, heat 1 1/2 tablespoons of the remaining oil. Add the falafel patties and cook until crisp and golden on one side, about 3 minutes. Add the remaining 1 1/2 tablespoons of oil and turn the patties; cook for another 3 minutes, or until crisp and golden.

7. To serve, transfer the patties to serving plates and top with yogurt sauce.

THE ASSOCIATED PRESS

Ingredients

- 4 tbsp extra-virgin olive oil, divided
- 1/2 cup finely chopped yellow onion
- 1 1/2 tsp minced garlic, divided
- 3/4 tsp ground cumin
- 1/2 tsp ground coriander
- 1/4 tsp hot smoked paprika or cayenne pepper
- 1 3/4 cups shelled peeled fresh fava beans or frozen lima beans (thawed)
- 1 large egg, lightly beaten
- 2 tbsp tahini (stir well before measuring)
- Kosher salt and ground black pepper
- 1 cup plain non-fat Greek yogurt
- 4-inch slice seedless cucumber, coarsely grated (about 1/2 cup, packed)
- 3/4 cup panko breadcrumbs

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Trying to impress someone special with a tony dinner but need an etiquette polish first? Metro's very own Charles the Butler — Charles MacPherson — is out with a new book, The Butler Speaks, offering a return to proper manners, stylish entertaining and good housekeeping. Here is his refresher on how to properly set a table.

Setting the standard in etiquette

CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

Below, I include four different styles of place setting. Each is subtly different from the next. Interestingly, most cultures eat using utensils, and most also begin with utensils on the outside of a place setting, working inward towards the plate.

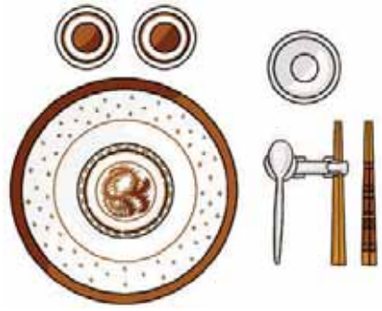
The American place setting

In this setting, the glasses form a diamond shape above the cutlery, with the first glass placed directly above the main course knife (inside, right). The dessert spoon and the fork are at the top of the plate, and above them is the place card. Guests use the cutlery from the outside moving in. This place setting starts with a soup course (spoon, outside right), moves on to a salad (fork, outside left), a fish course (middle fork and knife) and a meat course (inside fork and knife).

The European place setting

In this setting, the glasses are placed on a diagonal on the right of the plate. Individual salt and pepper shakers are placed above the plate. The spoon (outside, right) is for the first course, soup. The next fork and knife are for the second course (fish), and the final inside set is for the main meat course.
The fork closest to the plate is for salad, which in this meal will be served last. Cutlery for dessert will be offered later. Sometimes it is placed closest to the plate, though not in this drawing.

The Chinese place setting



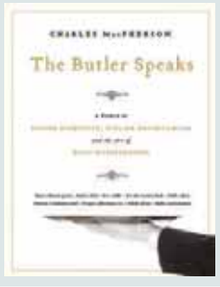
In China, there is no standard for formal place settings at tables as is common practice in the Western world. In fact, the focus is on the food rather than the place setting. The diagram shows a typical place setting, but it can easily be changed to suit your needs without making any errors of etiquette.

The French place setting

Traditionally, the French place setting in a residence does not include a bread and butter plate, or a knife for the salad course. And although the cutlery is laid out the same way as in American and British settings, the forks and spoons are turned over. The reason? French family monograms are engraved on the back of the cutlery, so it's placed face down to show that it's real silver.

The Butler Speaks

This excerpt from The Butler Speaks is courtesy of Appetite by Random House, randomhouse.ca. It is available in bookstores nationwide starting today.



On the web

Think you are as entertaining and manners-savvy as Charles the Butler? Visit metronews.ca to take our quiz.

Young Canadian with no job? You're not alone

Alison on money. Unemployment and under-employment still a concern for people with university degrees

YOUR MONEY
Alison Griffiths
money@metronews.ca

I'm not an employment expert but I'm becoming one, especially for young workers. As my daughter attempts to find full-time work after graduating with a two-year culinary degree from George Brown College in Toronto, I am seeing first hand the difficulty of getting that first foot in the door.

This is the time of year when young people are transitioning from school and according to the Certified General Accountants (CGA) of Canada this is one of the toughest times in our working lives.

On the plus side, a recent CGA report, based on 2011 data, discovered that close to half found work within four weeks and the average length of time that youth (under age 24) were unemployed was 11 weeks. Surprisingly, that figure is actually below the length of time experienced by young workers 25 to 29.

Also, young workers are twice as likely to suffer from long-term unemployment of a year or more.

These figures could be explained by the fact that the youngest job hunters have less post-secondary education and are in the lower paying jobs in the retail and service sector.

Many are blaming the boomers (and I'm one of them) for crowding out all those youngsters. The post-war generation is supposedly working longer or going back to work and keeping youth from getting in the door.

But according to the CGA report it isn't so. There are only two areas where younger and older workers are competing — sales and service and clerical occupations.

Clearly, if you are young and hoping to find a less crowded field, areas such as health services, applied sciences and computer and information systems may offer the highest chance of success.

While the CGA report shows a rosier picture for young workers and pokes at a few myths about old farts keeping the millennial generation from jobs, there are still concerns. One in particular is the high rate of under-employment for those young workers with university or equivalent degrees.

The report noted that roughly a quarter of this age group couldn't find work in their field. These statistics were taken from 2005 but post-recession there isn't likely to be an improvement.

In the end, almost nothing is more important to the health of society than an employed citizenry. It should be the key driver of government policy.

Unemployment rates

- 15.2 per cent youth unemployment during the Great Recession.
- 19.2 per cent youth unemployment during the early 1980s recession.

Canucks clinch Northwest Division

NHL. Vancouver gets the better of rival Chicago with inspired performances from a number of key players

CAM TUCKER
cam.tucker@metronews.ca

In the growing rivalry between the Vancouver Canucks and Chicago Blackhawks, this episode was heavily one-sided.

The Canucks earned full marks for a decisive 3-1 victory and just an overall dominant performance against the visiting Blackhawks at Rogers Arena on Monday. With the win, the Canucks clinched the Northwest Division.

Against the Blackhawks, still the leading contender for the Presidents' Trophy as the league's top regular-season team, the Canucks got inspired performances from the Sedin twins and Ryan Kesler, who looked more like the player from Vancouver's run to the Stanley Cup final in 2011.

From the supporting cast came a menacing effort from Max Lapierre, who led the Canucks with nine registered body checks through the first two periods. To put that into perspective, the Blackhawks, as a team, had just 11 registered hits altogether.

And Frank Corrado, who less than two weeks ago was playing for the Kitchener Rangers in the Ontario Hockey League playoffs and was officially recalled from the Chicago Wolves of the American Hockey League earlier Monday, showed poise and tenacity beyond the experience of a typical 20-year-old rookie defenceman.

The Canucks got goals from Jannik Hansen, Zack Kassian and Daniel Sedin.

Sedin also registered an assist on Kassian's goal, which turned out to be the winner. With the helper, Sedin moved into second place on the Canucks' all-time scoring list, ahead of Markus Naslund and behind twin brother Henrik.

He received a standing ovation from the crowd, reciprocating his appreciation with a delayed wave from the bench.

Vancouver Canucks forward Alex Burrows tries to deflect a shot past Chicago Blackhawks goalie Corey Crawford at Rogers Arena on Monday night. The Canucks won 3-1. JONATHAN HAYWARD/THE CANADIAN PRESS

AHL affiliate

Abbotsford keeping Heat for now

The Calgary Flames' American Hockey League affiliate, the Abbotsford Heat, isn't going anywhere, at least for next season.

In a press release issued Monday, Abbotsford Mayor Bruce Banman announced the Heat will play out of the Abbotsford Entertainment and Sports Centre for the 2013-2014 season.

"Recently there has been public discussion regarding the potential for the Vancouver Canucks to become the prime tenants of the Abbotsford Entertainment and Sports Center," Banman said in a statement.

"Unfortunately, the City of Abbotsford was unable to negotiate an agreement with the Canucks with terms that were satisfactory within the time constraints."

MLS. Whitecaps lose Salgado to under-20 training

Vancouver Whitecaps striker Omar Salgado will be unavailable for the next two games after getting called to the U.S. under-20 national team training camp this week.

The camp began Monday at the Home Depot Center in Carson, Calif., and is being held in preparation for the 2013 FIFA U-20 World Cup, which runs June 21 to July 13 in Turkey.

Salgado, 19, will not be available for Wednesday's Amway Canadian Championship opening match against FC Edmonton, and Saturday's MLS regular-season match against FC Dallas at BC Place.

Salgado has played just one MLS match for the Whitecaps since May 19 of last year. He fractured his right foot last June while playing for the U.S. U-20 team in a friendly against Uruguay.

He has endured setbacks with his ailing foot, but he maintained in March that he would like a chance to play for the U.S. U-20 team at this year's World Cup. CAM TUCKER/METRO

The Whitecaps' Omar Salgado is leaving Vancouver to train with the U.S. under-20 squad. JAMIE SABAU/GETTY IMAGES

CFL

Leader Lumbala returns to Lions

The B.C. Lions and fullback Rolly Lumbala agreed to a contract extension in a deal announced Monday.

Lumbala, who turned 27 in January, is entering his sixth season with the Lions. He was a second-round pick, ninth overall, in the 2008 Canadian Football League draft.

He was set to enter the option year of this previous contract.

Last season, Lumbala had seven catches for 66 yards and six rushes for 32 yards and a touchdown, though he is primarily used on special teams.

"Rolly plays a very significant role on our club," said head coach Mike Benevides in a statement.

"He's a leader who does everything asked of him, whether it's on special teams or on offence, and he has developed into the kind of leader we knew he would be when we drafted him."

CAM TUCKER/METRO

NHL

Wings' playoff streak not dead quite yet

The Detroit Red Wings' push to make the playoffs got a boost with two desperately needed points.

Johan Franzen scored twice and Jimmy Howard had 34 saves to help Detroit beat the Phoenix Coyotes 4-0 Monday night in a matchup of two teams in a logjam for the final two spots in the Western Conference playoffs.

The Red Wings moved within a point of eighth-place Columbus in the conference. They're hoping to finish the last three games of the regular season strong enough to extend the franchise's post-season streak to 22 years — the first without Steve Yzerman or Nicklas Lidstrom as a captain.

"Of course, taking over the captaincy, it means a lot to me for this team to do well," said Henrik Zetterberg, who had three assists. "We've been doing good the past 21 seasons and we want to keep that going."

THE ASSOCIATED PRESS

Jets looking to get the job done in D.C.

NHL. Clash with Caps becomes 'biggest' of season for playoff hungry Winnipeg

Having eked out a win over the Buffalo Sabres, Evander Kane and the Winnipeg Jets were already looking ahead to the next big test in their late-season bid to make the playoffs: Alex Ovechkin and the Washington Capitals.

"This game means nothing now," Kane said, referring to the Jets' 2-1 win over the Sabres on Monday night. "We needed this game in order to make something of tomorrow (Tuesday). Tomorrow's the biggest game of our season."

Antti Miettinen's shot from the right circle that just dribbled in over the goal line with 7:36 remaining proved to be the difference in keeping the Jets in the playoff race.

The Jets' Aaron Gagnon, left, celebrates his goal against the Sabres. SEAN RUDYK/GETTY IMAGES

Winnipeg (24-19-3) improved to 6-0-1 in its past seven and moved within a point of the idle New York Rangers and Ottawa Senators, who hold the Eastern Conference's final two playoff spots. Just as important, the Jets also crept to within a point of Southeast Division-leading Washington. That sets up a critical showdown on Tuesday, when Winnipeg travels to play the Capitals in the final week of the season.

Winnipeg's seven-game point streak is its longest since going 6-0-1 from Nov. 22 to Dec. 5, 2006, when the franchise was still the Atlanta Thrashers. In their second season in Winnipeg, the Jets are attempting to qualify for the playoffs for the first time in seven seasons and only the second time in the team's 13-year history.

Not all the news is good for the Jets. Already missing centre Olli Jokinen (ankle) and defenceman Zach Bogosian (concussion), Winnipeg lost forward Kyle Wellwood, who hurt his right hand blocking a shot in the second period.

Jets coach Claude Noel would say only that Wellwood sustained a long-term injury to his hand.

"We know what's at stake," Noel said, looking ahead to facing the Capitals. "It's the time of the year to put your best foot forward." THE ASSOCIATED PRESS

Bulls dish out heavy dose of 'D' to draw even with Nets

Chicago centre Joakim Noah guards Brook Lopez of the Nets during an NBA Eastern Conference quarter-final game on Monday night in Brooklyn. The Bulls won 90-82, while holding the Nets to 35.4 per cent shooting to tie the series at a game apiece. BRUCE BENNETT/GETTY IMAGES

Raptors wrap-up

Colangelo talks coach, playoffs

Heading into an off-season of uncertainty, Bryan Colangelo said he was certain of two things: The Toronto Raptors will make a run for the playoffs next season, and if he's back as general manager, Dwane Casey will remain his head coach.

Colangelo and Casey met with the media on Monday, a few days after the Raptors (34-48) wrapped up their fifth consecutive season without a playoff appearance.

"I will take that squarely on my shoulders and say that is the new expectation going into next year," Colangelo said on the playoffs.

Colangelo doesn't have a deal for next season, with the club holding an option on what would be his eighth year. The GM said he believes his contract situation will be "resolved" within the next two or three weeks.

And if he returns, he said Casey will be back as well. THE CANADIAN PRESS

Premier League title

Red Devils realize their 20/20 vision

With 75,000 delirious Manchester United fans chanting "champions, champions" at full voice, Rio Ferdinand tugged the back of Robin van Persie's shirt bearing his squad number and shouted: "No. 20, No. 20."

Twenty was the number at Old Trafford on Monday.

United produced a performance of style and swagger to extend its record haul of English league titles to 20, overwhelming Aston Villa 3-0 to wrap up the championship with four matches to spare and reclaim the trophy from local rival Manchester City.

Van Persie, United's driving force all season, scored all three goals in a clinical first-half display. Dressed for the occasion, he was wearing the No. 20 shirt.

Red Devils manager Alex Ferguson's decision to sign Van Persie in the last off-season for $36 million US — a hefty price for a previously injury-prone player with just a year left on his Arsenal contract — has turned into a masterstroke. THE ASSOCIATED PRESS

MLB. Ninth-inning lapse proves costly for Jays

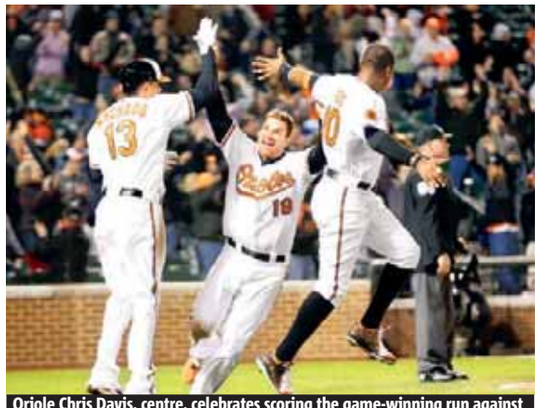
Nick Markakis singled home the winning run with two outs in the bottom of the ninth inning, giving the Baltimore Orioles a 2-1 victory over the Toronto Blue Jays on Monday night.

Toronto reliever Aaron Loup (1-2) began the ninth by hitting Chris Davis with a pitch. After a sacrifice bunt, Steve Pearce popped out and Nolan Reimold received an intentional walk before Alexi Casilla reached on a throwing error by shortstop Munenori Kawasaki that loaded the bases.

Markakis then sliced an 0-2 pitch to the opposite field near the left-field line.

Jim Johnson (1-1) worked a perfect ninth for the Orioles, now 5-2 on a nine-game homestand that ends Wednesday.

Pitcher R.A. Dickey expects to start Tuesday night for the Blue Jays despite experiencing back and neck soreness in his last start. The Orioles will send Miguel Gonzalez (1-1, 4.00 ERA) to the mound. THE ASSOCIATED PRESS



Oriole Chris Davis, centre, celebrates scoring the game-winning run against the Toronto Blue Jays on Monday in Baltimore. ROB CARR/GETTY IMAGES

NBA

NBA PLAYOFFS

FIRST ROUND

(Best-of-7 series)

EASTERN CONFERENCE

MIAMI (1) VS MILWAUKEE (8)

(Miami leads 1-0)
Sunday's result
Miami 110 Milwaukee 87
Tuesday's game
Milwaukee at Miami, 7:30 p.m.

NEW YORK (2) VS BOSTON (7)

(New York leads 1-0)
Tuesday's game
Boston at New York, 8 p.m.

INDIANA (3) VS ATLANTA (6)

(Indiana leads 1-0)
Sunday's result
Indiana 107 Atlanta 90
Wednesday's game
Atlanta at Indiana, 7:30 p.m.

BROOKLYN (4) VS CHICAGO (5)

(Series tied 1-1)
Monday's result
Chicago 90 Brooklyn 82

WESTERN CONFERENCE

OKLAHOMA CITY (1) VS HOUSTON (8)

(Oklahoma City leads 1-0)
Sunday's result
Oklahoma City 120 Houston 91
Wednesday's game
Houston at Oklahoma City, 7 p.m.

SAN ANTONIO (1) VS L.A. LAKERS (7)

(San Antonio leads 1-0)
Sunday's result
San Antonio 91 L.A. Lakers 79
Wednesday's game
L.A. Lakers at San Antonio, 9:30 p.m.

DENVER (3) VS GOLDEN STATE (6)

(Denver leads series 1-0)
Saturday's result
Denver 97 Golden State 95
Tuesday's game
Golden State at Denver, 10:30 p.m.

L.A. CLIPPERS (4) VS MEMPHIS (5)

(L.A. Clippers leads 1-0)
Monday's result
Memphis at L.A. Clippers

NHL

EASTERN CONFERENCE

	GP	W	L	OL	SL	GF	GA	Pt
dx-Pittsburgh	45	35	10	0	0	153	109	70
dx-Boston	44	27	12	2	3	123	97	59
d-Washington	45	25	18	2	0	140	123	52
x-Montreal	45	27	13	3	2	139	120	59
x-Toronto	45	25	15	0	5	138	124	55
NY Islanders	45	24	16	4	1	134	131	53
NY Rangers	45	24	17	0	4	120	106	52
Ottawa	45	23	16	2	4	109	99	52
Winnipeg	46	24	19	0	3	123	135	51
New Jersey	45	17	18	3	7	106	121	44
Buffalo	46	19	21	2	4	119	140	44
Philadelphia	45	20	22	1	2	124	137	43
Carolina	45	18	24	2	1	118	145	39
Tampa Bay	45	17	24	1	3	140	141	38
Florida	45	13	26	5	1	104	162	32

WESTERN CONFERENCE

	GP	W	L	OL	SL	GF	GA	Pt
dx-Chicago	44	34	5	0	5	146	94	73
dx-Anaheim	46	29	11	3	3	134	112	64
dx-Vancouver	45	25	13	1	6	121	110	57
x-Los Angeles	45	26	14	1	4	128	111	57
San Jose	45	24	14	3	4	118	109	55
St. Louis	45	26	17	1	1	119	112	54
Minnesota	45	24	18	1	2	116	119	51
Columbus	46	22	17	3	4	114	117	51
Detroit	45	21	16	3	5	113	112	50
Dallas	45	22	19	3	1	127	133	48
Phoenix	45	19	18	3	5	114	122	46
Calgary	45	19	22	1	3	123	149	42
Edmonton	45	17	21	4	3	111	127	41
Nashville	45	15	21	3	6	104	128	39
Colorado	45	15	23	5	2	109	142	37

x - clinched playoff berth; y - division; z - conference.

Monday's results
Winnipeg 2 Buffalo 1
Pittsburgh 3 Ottawa 1
Detroit 4 Phoenix 0
Anaheim 3 Edmonton 0
Chicago at Vancouver
Sunday's results
Anaheim 3 Edmonton 1
Calgary 4 Minnesota 1
Columbus 4 San Jose 3
Carolina 3 Tampa Bay 2
Colorado 5 St. Louis 3
Los Angeles 4 Dallas 3 (OT)
NY Rangers 4 New Jersey 1
Boston 3 Florida 0

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
Boston	13	6	.684	—
Baltimore	11	8	.579	2
New York	10	8	.556	2½
Tampa Bay	9	10	.474	4
Toronto	**8**	**12**	**.400**	**5½**

CENTRAL DIVISION

	W	L	Pct	GB
Kansas City	10	7	.588	—
Minnesota	8	7	.533	1
Detroit	9	9	.500	1½
Cleveland	8	10	.444	2½
Chicago	7	12	.368	4

WEST DIVISION

	W	L	Pct	GB
Texas	12	6	.667	—
Oakland	12	8	.600	1
Los Angeles	7	10	.412	4½
Seattle	8	13	.381	5½
Houston	5	14	.263	7½

Monday's results
Baltimore 2 **Toronto 1**
Tampa Bay 5 N.Y. Yankees 1
Boston 9 Oakland 6
Seattle 7 Houston 1
Cleveland 3 Chicago White Sox 2
Texas at L.A. Angels
Sunday's results
Toronto 8 N.Y. Yankees 4
Minnesota 5 Chicago White Sox 3
L.A. Angels 4 Detroit 3 (13 inn.)
Kansas City 4 Boston 2
Kansas City 5 Boston 4 (10 inn.)
Texas 11 Seattle 3
Tampa Bay 8 Oakland 1
Cleveland 5 Houston 4
L.A. Dodgers 7 Baltimore 4

NATIONAL LEAGUE

Monday's results
Philadelphia 3 Pittsburgh 2
St. Louis 3 Washington 2
Cincinnati 5 Chicago Cubs 4 (13 inn.)
Miami at Minnesota, ppd., rain
Atlanta at Colorado, ppd., snow
Milwaukee at San Diego
Arizona at San Francisco

Horoscopes

Aries
March 21 - April 20
You don't have to be perfect and you certainly don't have to live up to standards that other people set for you. The message of the stars this week is to be yourself.

Taurus
April 21 - May 21
You'll be in an impulsive mood today, both in your personal life and at work, but is that such a bad thing?

Gemini
May 22 - June 21
You may now be wondering if some of the plans you made earlier in the year were a bit optimistic. If so there is no need to criticize yourself for it, all you have to do is change them slightly. Much is still possible.

Cancer
June 22 - July 23
There is something you are desperate to say, something that has been nagging away at you for ages. Then say it and get it over with. Yes, you may well antagonize a few people but that's their fault not yours.

Leo
July 24 - Aug. 23
The Sun in Taurus brings out the cautious side of your nature, especially at work where you may be reluctant to say or do things that could rock the boat. It's a wise choice: the seas are a bit choppy at the moment.

Virgo
Aug. 24 - Sept. 23
Fact and fantasy are not so far apart that you can't find ways to link them. If you are creative by nature – and most Virgos are — use your imagination to envision a new future for yourself – then make it happen.

Libra
Sept. 24 - Oct. 23
You may want to heal a rift of some kind but if you try to be nice your rivals will see it as a sign of weakness and redouble their efforts to make you look bad. Some rifts are meant to be.

Scorpio
Oct. 24 - Nov. 22
It may be tempting to keep your head down and stay off the radar this week but if you take that route you will miss an opportunity to change your environment for the better. You can't opt out of life

Sagittarius
Nov. 23 - Dec. 21
No doubt your head is full of wonderful ideas but make sure they are grounded in reality. Optimism is a wonderful thing but too much of the stuff can have negative consequences.

Capricorn
Dec. 22 - Jan. 20
What you need to recognize is that different people have different personalities and therefore different ways of doing things.

Aquarius
Jan. 21 - Feb. 19
The next few days are going to be challenging but that's okay because you will come out of it stronger and wiser. Thursday's eclipse will bring a work-related matter to a head. Promise yourself you'll stay calm.

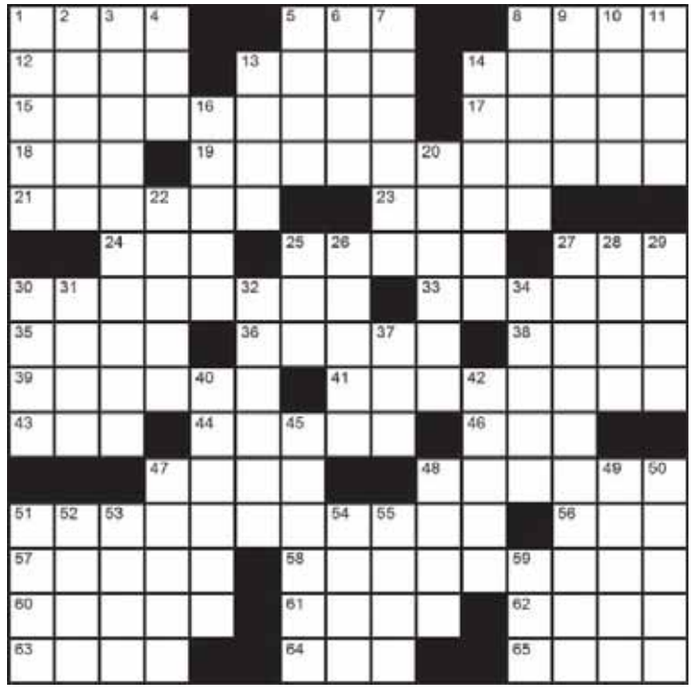
Pisces
Feb. 20 - March 20
If something that has been going well for you now starts to go wrong don't worry too much. Take it as a sign to just leave it alone for a bit and by the end of the week you can pick up where you left off.

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

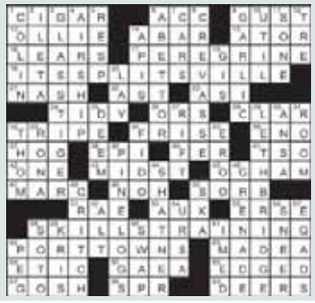
BY KELLY ANN BUCHANAN



Across
1. Invitation letters
5. Flier to Narita Intl. Airport
8. Tom Cruise movie
12. Time Machine people
13. Prefix to 'mal', as 0.25
14. Person being quoted
15. Plastic surgery procedures
17. Web memo, _-__
18. "Let's call __ _ day."
19. Way to sell products on TV
21. Directions: "Can you __ __ how to..."
23. Radiate
24. Taxi
25. Doing words
27. "Rain __" (1988)
30. Sandra Bullock is Canadian in "The __" (2009)
33. Tart-tasting
35. Grazing grass-lands
36. Intense
38. Early filmmaker, Thomas H. __
39. Upward move
41. Canada's most northerly highway
43. Utmost, numbers-wise
44. Inner's opposite
46. Brain scan, for short
47. Small obi accessory
48. Rescuers
51. 13th PM, John __
56. Soldier's food-in-a-packet [acronym]
57. "Monster-__-__" (2005)
58. __ Island, Nunavut
60. Parts of windows
61. Early-'80s hit: "Just the Two __ __"
62. 1982 Sci-Fi flick starring Jeff Bridges
63. _-__ (Retro advertised-on-TV record co.)
64. St. Louis footballer
65. Opera __ Ottawa (Professional opera company)

Down
1. Install anew
2. Fred Flintstone's boss, Mr. __
3. Pro helping a singer: 2 wds.
4. Apple __
5. Actor Mr. Daniels
6. X-__ knife
7. Group of Seven member, Arthur __ (b.1885 - d.1969)
8. Touch of colour
9. "Bonne Fete _ ___..."
10. Ms. Wilson of "La Femme Nikita"
11. Cover the falcon's eyes
13. Sup
14. Cherry: French
16. __ stick
20. Symbol
22. Expire
25. Central-__
26. Dodge
27. PEI novelist, Lucy Maud __ (b.1874 - d.1942)
28. 'Appear' suffix
29. Big Apple denizen
30. Agenda
31. Inactivity
32. Ringed planet
34. Scrooge
37. Gerard __ Borch (Dutch painter)
40. There's nothing to report: 2 wds.
42. Equals
45. "__ __ __ not..." (Hamlet's 'question' soliloquy)
47. Patsy Cline's "_ __ to Pieces"
48. Haws partners
49. Mistake
50. "I've Just __ _ Face" by The Beatles
51. Frisbee, for one [var. sp.]
52. The 'J.' of Michael J. Fox, for short
53. Modelling's Ms. Macpherson
54. Code for letters A, B, C: __, Bravo, Charlie
55. Heidi of "Project Runway"
59. Habs, on scoreboards

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

9	3				4	8		
2			7	6				3
					8	1		
		2		9				8
	8						5	
5				7		2		
		5	1					
4				8	7			9
		9	3				4	5

Yesterday's Sudoku

5	2	7	1	3	4	9	6	8
9	1	4	6	8	5	2	3	7
3	6	8	7	9	2	4	5	1
1	5	9	4	6	8	7	2	3
7	8	2	3	1	9	5	4	6
4	3	6	2	5	7	8	1	9
2	9	3	5	7	1	6	8	4
6	7	5	8	4	3	1	9	2
8	4	1	9	2	6	3	7	5

Today 13°/8° Sunny
Wednesday 15°/8° Sunny
Know what the weather will be 14 days from now.
Check the 14 day trend.
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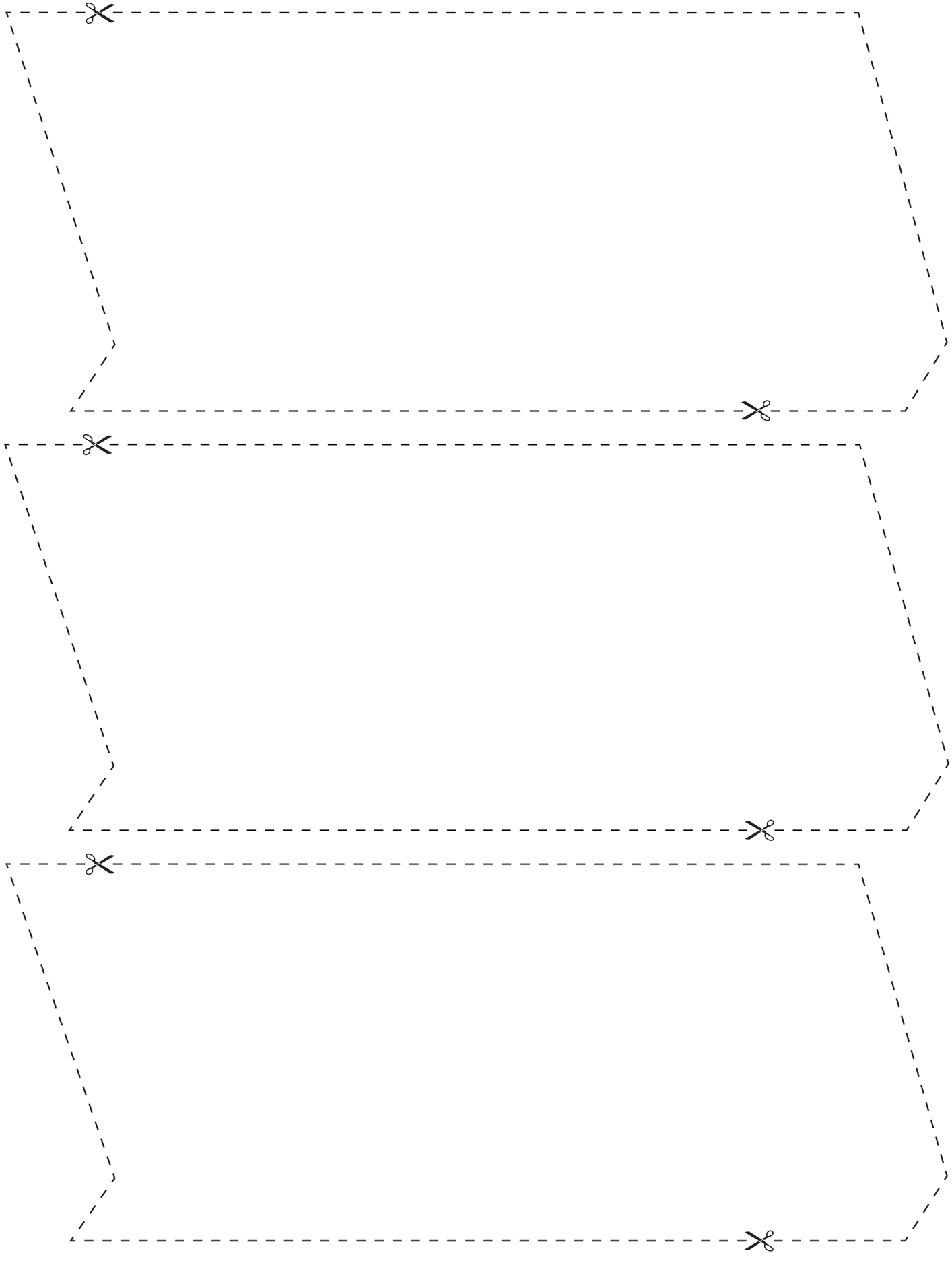
Conditions apply. Ex: Vancouver. All advertised prices include taxes & fees. Hotel prices are per person, based on double occupancy for total length of stay unless otherwise stated. Prices are for select departure dates and are accurate and subject to availability at advertising deadline, errors and omissions excepted, and subject to change. pp=per person. Taxes & fees include transportation related fees, GST/HST and fuel supplements and are approximate and subject to change. BC REG: #HO2790



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